



ASSESSMENT

Finding Me

A WOMAN'S GUIDE TO LEARNING
MORE ABOUT HERSELF

Finding Me: A Woman's Guide to Learning More About Herself
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Emotional Health

How are you doing emotionally? We go through life with little thought about our emotional health. We weather the storms of life, the highs and lows, without ever really processing our life events emotionally or taking time to write down our thoughts and feelings during these times. I am naturally a fixer like many women who are moms, and during times of crisis in my family, I was too busy fixing everyone else's problems to take time to understand my own feelings about the situation. Let's take some time to see where you are emotionally.

Has your life or family situation recently changed? (new job, new educational endeavor, new relationship, littles starting school, young adults starting college, adult children getting married, divorce, illness/accident of spouse/family member, death of a family member)

How do you feel about this change?

What good things do you see as a result of this change?

What challenges will you face because of this change?

What other life events do you need to process?

Spiritual Health

Let's talk about your spiritual journey. Life gets busy and many times this area of our lives is put on the back burner and not nourished regularly. Let's see where you are and what you can do to grow your relationship with God.

How often do you read your Bible?

When do you schedule time to read your Bible?

Do you have a Bible reading plan or Bible study that you are using?

What are you currently reading in the Bible?

Are you doing a word study, for example, looking for verses relating to peace, joy, etc.?

Are you writing down what you are learning as you read your Bible or work on a Bible study?

Do you feel like you are growing spiritually?

What could help you grow spiritually?

Have you considered joining a ladies Bible study at your church?

Do you know someone who could be a spiritual mentor to you or check in with you regularly to see how you are growing spiritually?

Physical Health

How are you doing physically? What medical conditions have you been diagnosed with?

What medications/supplements are you currently taking?

What are you currently doing to improve your medical conditions?

What types of physical exercise do you participate in on a regular basis?

What are your fitness goals?

what's next?



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As women, we can get caught up in spending countless hours investing in others to help them get something accomplished or walk through a rough spot or even just doing life with them. When was the last time you invested in yourself? I'm not talking about just going to an exercise class or the gym. I'm talking about being intentional with caring for yourself – emotionally, spiritually and physically. The Bible tells us in 1 Corinthians 3:16 that our bodies are God's temple and as believers we are responsible to care for them so that we can be used to do God's work. Remember the reason why here – so that we can be used by God for His work.

How can you have any resources to offer others when you aren't being intentional to equip yourself? When was the last time you felt good about yourself and who you are? Do you believe you have something to offer others and the world? Have you been so busy performing various roles (student, career, cook, housekeeper, chief financial officer, chauffeur, teacher, entrepreneur, etc.) that you have taken on those identities and you don't know who you are anymore?

Ladies, we are really good at getting things done even if we have to sacrifice sleep and our personal life. Most women, and particularly moms, are naturally nurturers, caregivers and self-sacrificers. Over the years we put our husband's, children's, friends' and family members' needs and wants before our own. Days turn into weeks and weeks turn into months and months turn into years. Without realizing it, we don't know who we are anymore because we have lost ourselves in other people or in our jobs.

Hi, I'm Renee Bethel author of *Finding Me: A Woman's Guide to Learning More About Herself*. I am a coach and whole body wellness advocate. After spending six years in a caregiver role with my husband's illness and my daughter's serious injuries from being hit by an 18 wheeler, I realized that I was caring for everyone around me except myself. I believe every human being is made in God's image and that we need to understand who God created us to be.

I help Christian women become aware of what's going on in their own body emotionally, spiritually and physically through coaching, resources and workshops.

